

Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TOMATOES (continued)					
Tomatoes, canned <i>Crushed</i>	No. 10 can (102 oz)	46.6	1/4 cup heated vegetable and juice	2.2	1 No. 10 can = about 12 cups tomato and juice
	No. 2-1/2 can (28 oz)	12.7	1/4 cup heated vegetable and juice	7.9	1 No. 2-1/2 can = about 18.5 oz drained tomato
	Pound	7.30	1/4 cup heated vegetable and juice	13.7	
Tomatoes, canned <i>Diced</i> <i>Includes USDA Commodity</i>	No. 10 can (102 oz)	49.2	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomato and juice
	No. 2-1/2 can (28 oz)	13.5	1/4 cup heated vegetable and juice	7.5	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomato
	No. 300 can (14-1/2 oz)	6.99	1/4 cup heated vegetable and juice	14.4	
	Pound	7.71	1/4 cup heated vegetable and juice	13.0	
TOMATO PRODUCTS					
Tomato Products, Canned Tomato Paste <i>24%-28% Natural Tomato Soluble Solids (NTSS)</i> <i>Includes USDA Commodity</i>	No. 10 can (111 oz)	192.0	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
	No. 2-1/2 can (30 oz)	52.0	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.6	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.7	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups paste
Tomato Products, canned Tomato Puree <i>Not less than 8% but less than 24 % Natural Tomato Soluble Solids (NTSS)</i>	No. 10 can (106 oz)	96.0	2 tablespoons puree (1/4 cup vegetable)	1.1	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 can (29 oz)	26.2	2 tablespoons puree (1/4 cup vegetable)	3.9	
	Pound	14.4	2 tablespoons puree (1/4 cup vegetable)	7.0	